



THE FASTING PODCAST **WOW**: EPISODE 119 CHIA SEEDS – SUPERFOOD TO ENHANCE FASTING

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The **Fasting** Podcast **WOW** (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP



What About Chia Seeds?

- Chia seeds (*Salvinia Hispanica*) are very small superfoods growing on flowery planta native to Mexico & Guatamala, also cultivated in many areas of N & S Americas – easy to grow & resistant to bugs
- Relatively tasteless (very subtle flavor some call a mild nutty taste) & easy to digest, they can be added to many recipes to offer some key elements that people doing intermittent fasting could use more of in their diet – fiber, protein, omega 3, vitamins/minerals, antioxidants
- Valued in Mexico for it's medicinal properties & nutritional value, it has even been used as currency in the past, > gold (Mayans/Astec)
- In Mayan language, it means “strength” & was used for runners and warriors to give them energy & endurance – one could live on this alone
- In Ayurveda, known for nourishing blood & digestive regularity
- Reduces inflammation, promotes kidney health & good hydration
- In 1 ounce of chia seeds, there are 10.6 g fiber, 4.4 g protein, 8.6 g healthy fat with 5 of them omega3 so good ratio, & many vit/min/antioxidants





More Potential Benefits



- Aids in balancing blood sugar, helping to reduce cravings
- Chia may help reduce ghrelin, the hunger hormone
- High fiber content can help with feeling of fullness to assist fasting
- The fiber / prebiotic also helps gut health & toxin removal, important in fasting and digestion/absorption
- Key components in our diet to satiate or full us up – protein & fiber
- High in alkaline minerals to help balance pH (calc, mag, potassium)
- Chia seeds help you burn fat – a key goal with intermittent fasters
- Help boost & sustain energy to aid in fasting goals
- Help build lean & strong muscles – important with fasting goals
- Heart, dental health, cancer fighting, brain health, skin & more
- Often vegans need more proteins & fats, carnivores more fiber & antiox
- Consider 1-4 tablespoons/day in soups, no-grain cereals, smoothies, baked goods, salad, veggies... Work up slowly & plenty of water
- May soak them, grind them, or eat whole – choose organic not expired
- Some people put them right in their drinking water throughout the day



Possible Next Steps



Check out our website: www.JPWOWPrograms.com

Please refer others to the podcast / youtube & give us a good Itunes review

For questions such as which supplement brands I prefer and quantities with timing and feedback, email Julie@JPWOWPrograms.com



Stay Positive, Focused, & Determined Because Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

